In the Claims

This listing of claims will replace all prior versions of claims and listings of claims in the application:

Please amend claims 13-24, 30, and 33 as shown below. Please cancel claims 31-32 and 34-35.

- 1. (withdrawn) A washable protective pad for incorporation into a garment, the pad comprising:
- a. a water-impermeable envelope, the envelope comprising overlaid sheets joined by a seal, the sheets defining a chamber; and
- b. a compressible insert at least partly disposed within the chamber such that part of the seal holds the insert.
- 2. (withdrawn) A pad according to claim 1, wherein part of the insert is stuck to an interior surface of the envelope.
- 3. (withdrawn) A pad according to claim 1, wherein part of the insert is stuck to the envelope by an adhesive.
- 4. (withdrawn) A pad according to claim 1, wherein part of the insert is stuck to the envelope by a weld.
- 5. (withdrawn) A pad according to claim 4, wherein the weld is a radiofrequency induced weld.
- 6. (withdrawn) A pad according to claim 1, wherein the envelope includes a coated fabric.
- 7. (withdrawn) A pad according to claim 1, wherein the envelope includes a plastic.
- 8. (withdrawn) A pad according to claim 1, wherein the envelope includes a polyurethane film.
- 9. (withdrawn) A pad according to claim 8, wherein the polyurethane film is unsupported.
- 10. (withdrawn) A pad according to claim 1, wherein the envelope is air-impermeable.

- 11. (withdrawn) A pad according to claim 10, wherein the envelope includes a polyurethane film.
- 12. (withdrawn) A pad according to claim 11, wherein the polyurethane film is unsupported.
- 13. (currently amended) A washable protective <u>hip</u> pad for incorporation into a garment, the <u>padhip pad</u> comprising:
- a. an air-impermeable envelope, the envelope comprising overlaid sheets joined by a seal, the sheets defining a chamber; and
- b. a compressible foam insert disposed within the chamber, a part of the insert stuck to the envelope and no part of the seal holding the insert, wherein all foam in the insert is open cell foam and the seal is unbroken.
- 14. (currently amended) A padhip pad according to claim 13, wherein part of the insert is stuck to the envelope by an adhesive.
- 15. (currently amended) A padhip pad according to claim 13, wherein part of the insert is stuck to the envelope by a weld.
- 16. (currently amended) A padhip pad according to claim 15, wherein the weld is a radiofrequency induced weld.
- 17. (currently amended) A padhip pad according to claim 13, wherein the envelope includes a coated fabric.
- 18. (currently amended) A padhip pad according to claim 13, wherein the envelope includes a plastic.
- 19. (currently amended) A padhip pad according to claim 13, wherein the envelope includes a polyurethane film.
- 20. (currently amended) A padhip pad according to claim 19, wherein the polyurethane film is unsupported.
- 21. (currently amended) A washable protective <u>hip</u> pad for incorporation into a garment, the <u>padhip pad</u> comprising:
- a. a water-impermeable envelope, the envelope comprising a sheet folded upon itself, the edges of the sheet joined by a seal, the sheet defining a chamber; and

- b. a compressible foam insert at least partially disposed within the chamber,
- wherein all foam in the insert is open cell foam and the seal is unbroken.
- 22. (currently amended) A padhip pad according to claim 21, wherein at least part of the insert is stuck to a wall of the chamber.
- 23. (currently amended) A padhip pad according to claim 21, wherein the envelope is air-impermeable.
- 24. (currently amended) A padhip pad according to claim 21, wherein the envelope includes an unsupported polyurethane film.
- 25. (withdrawn) A method for protecting a portion of a body from a force, the method comprising:
 - a. providing a protective pad, the pad comprising,
- i a water-impermeable envelope, the envelope comprising overlaid sheets joined by a seal, the sheets defining a chamber, and
- ii a compressible insert at least partly disposed within the chamber such that part of the seal holds the insert; and
- b. incorporating the pad into a garment, the pad incorporated such that the pad is disposed between the portion of the body and the force when the garment is worn.
- 26. (withdrawn) A method according to claim 25, wherein the portion of the body is a bone.
- 27. (withdrawn) A method according to claim 25, wherein the portion of the body is a patch of skin.
- 28. (withdrawn) A method according to claim 25, wherein the envelope is air impermeable.
- 29. (withdrawn) A method according to claim 25, wherein the envelope includes an unsupported polyurethane film.
- 30. (currently amended) A method for protecting a portion of a bodyhip from a force, the method comprising:
 - a. providing a protective padhip pad, the padhip pad comprising

- i an air-impermeable envelope, the envelope comprising overlaid sheets joined by a seal, the sheets defining a chamber, and
- ii a compressible foam insert disposed within the chamber, a part of the insert stuck to the envelope and no part of the seal holding the insert, wherein all foam in the insert is open cell foam and the seal is unbroken; and
- b. incorporating the <u>padhip pad</u> into a garment, the <u>padhip pad</u> incorporated such that the <u>padhip pad</u> is disposed between the <u>portion of the bodyhip</u> and the force when the garment is worn.
- 31. cancelled.
- 32. cancelled.
- 33. (original) A method according to claim 30, wherein the envelope includes an unsupported polyurethane film.
- 34. cancelled.
- 35. cancelled